

**Press Release  
City of Torrington EMS**

**The concern around the coronavirus and COVID-19 are an ever evolving issue. Torrington EMS is ensuring our staff are up to date with and following the most current guidelines from the CDC and the Wyoming Department of Health.**

**At this time, the WDH is recommending all residents:**

- **Wash your hands often with soap and water for at least 20 seconds**
- **If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol**
- **Avoid close contact with people who are ill**
- **Stay home if you are ill**
- **Cover coughs and sneezes**
- **Clean AND disinfect frequently touched surfaces daily**

**If you have symptoms such as fever, cough or shortness of breath, please contact your medical provider first to schedule testing or an appointment with your provider. If it is an emergency, then call 911. When calling 911, please advise the dispatcher of your symptoms and any recent history that would concern you that you were possibly exposed to the COVID-19 virus. Symptoms include a cough, fever, shortness of breath, runny nose, etc.**

**Torrington EMS is committed in providing healthcare to the residents of the City of Torrington and the surrounding areas in Goshen County. Be safe and proactive during this outbreak.**